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# Women's Health in Massachusetts

## Highlights from the Massachusetts Behavioral Risk Factor Surveillance System (BRFSS): 2000-2001

Health Survey Program
Bureau of Health Statistics, Research, and Evaluation
Massachusetts Department of Public Health

January 2003

## Overview of Today

**Behavioral Risk Factor Surveillance Survey (BRFSS)**

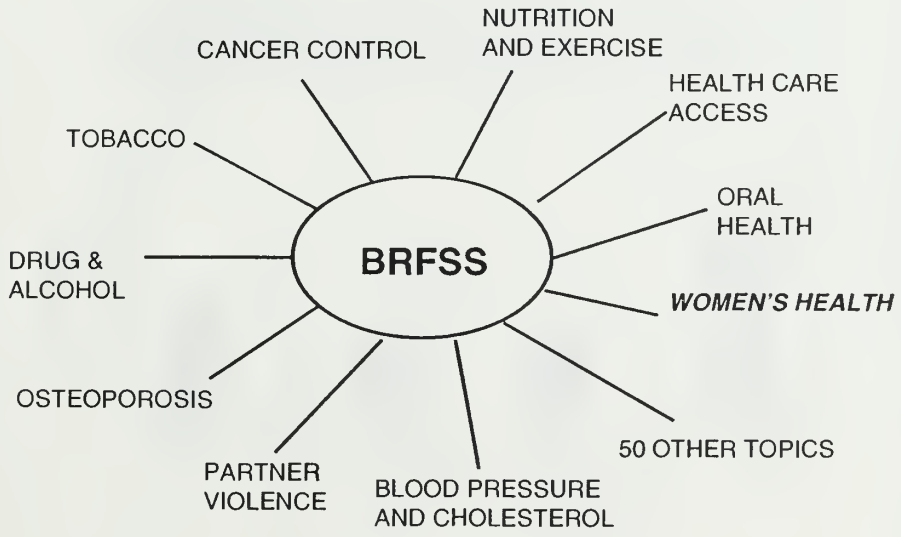
- **Comparison of women's and men's health in Massachusetts**
- **Women's health issues**
- **Summary**

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## What is the BRFSS?

- Random digit dial telephone survey
- Adults ages 18 and older
- Collaboration between CDC and States
- Massachusetts BRFSS since 1986
- Data are weighted: provide population-based estimates of health
- Massachusetts N = 8,628 (year 2001)

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH



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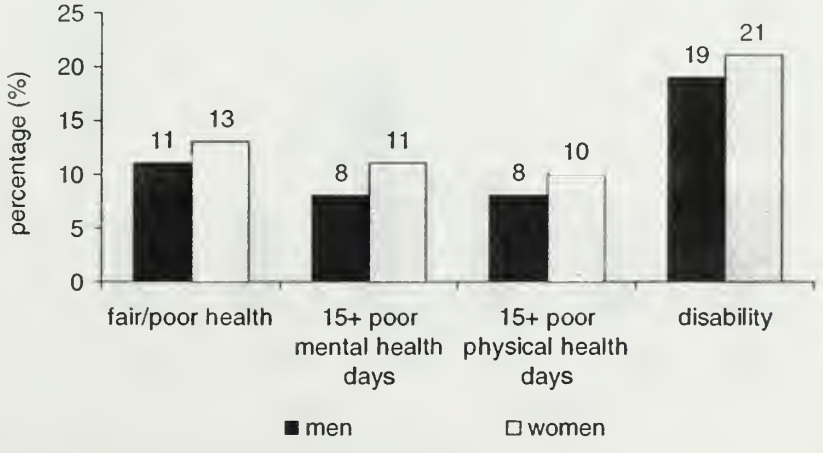
https://archive.org/details/womenshealthinma00mass_0

# Comparison of women's and men's health status and health care access

- health characteristics
- disease status
- risk factors
- health care access

## General health characteristics of Massachusetts adults by sex, 2001



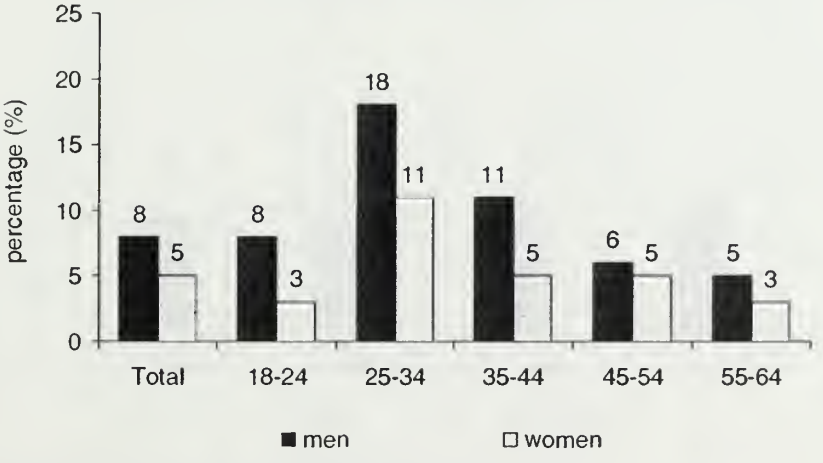

Source: Health Survey Program. Division of Research and Epidemiology, Bureau of Health Statistics. Research and Evaluation. MDPH

## Self-reported disease status among Massachusetts adults by sex, 2001

* ages 35+ ** ages 45+

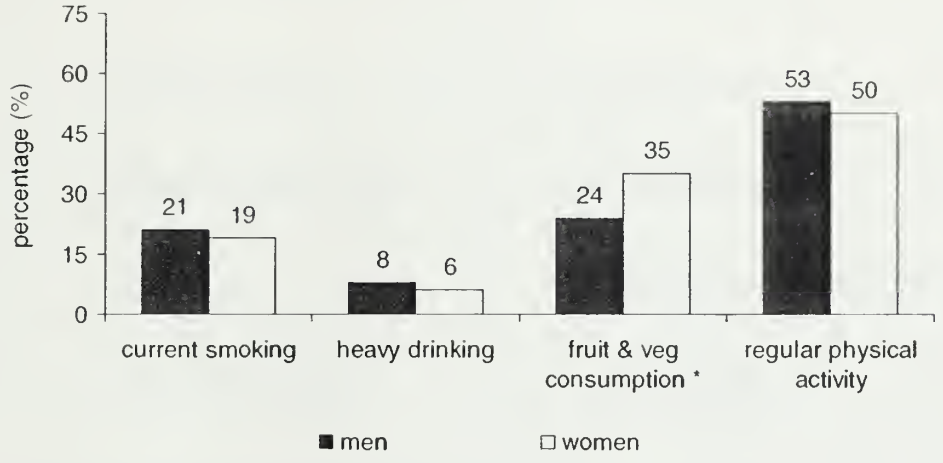
Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Percentage of Massachusetts adults who do not have health insurance by sex and age, 2000-2001



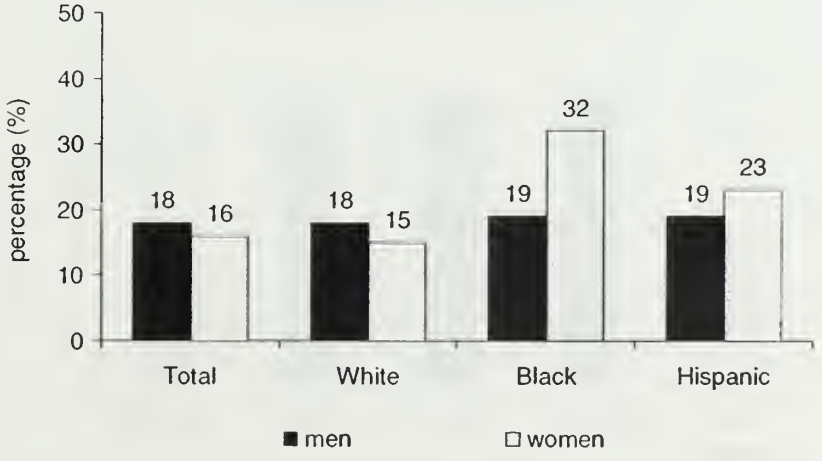

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Self reported risk factors among Massachusetts adults by sex, 2001




Source: Health Survey Program. Division of Research and Epidemiology. Bureau of Health Statistics. Research and Evaluation. MDPH

## Percentage of Massachusetts adults who are obese by sex and race/ethnicity, 2001



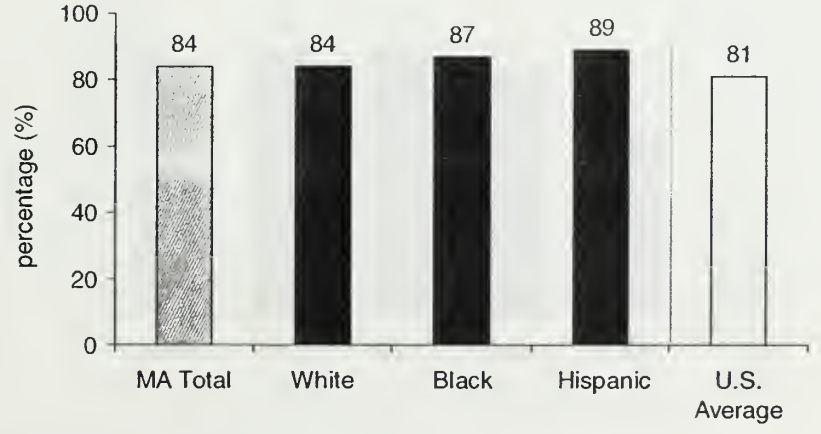

Source: Health Survey Program. Division of Research and Epidemiology. Bureau of Health Statistics. Research and Evaluation. MDPH

# Women's Health Issues

- mammogram
- clinical breast exam
- Pap test
- folic acid usage
- calcium intake
- family planning
- intimate partner abuse
- sexual assault

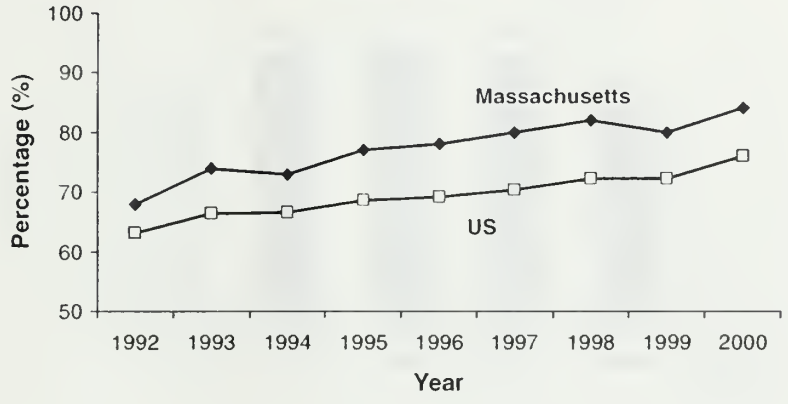
Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Percentage of women ages 40+ who had a mammogram in the past two years, by race/ethnicity, 2000



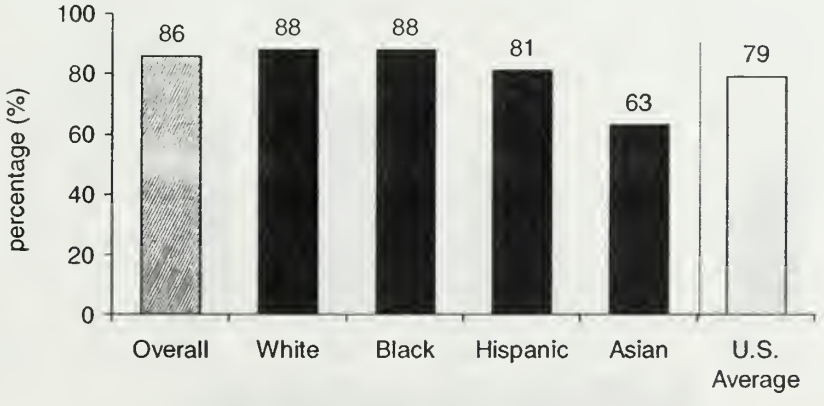

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Trend in the percentage of women ages 40+ who had a mammogram in the past year, Massachusetts vs. US, 1992 - 2000



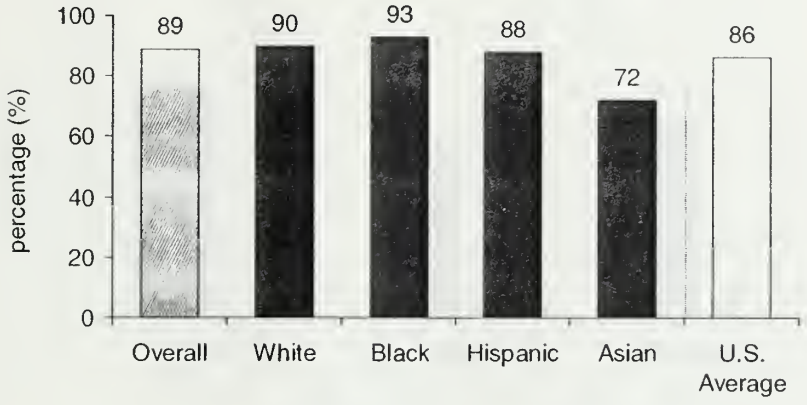

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Percentage of women who had a clinical breast exam in the past two years, by race/ethnicity, 2000



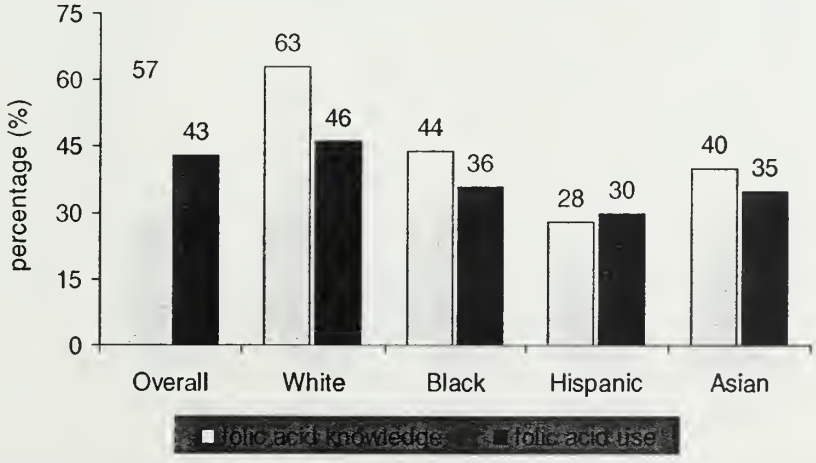

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Percentage of women who had a Pap test in the past three years, by race/ethnicity, 1999 - 2001



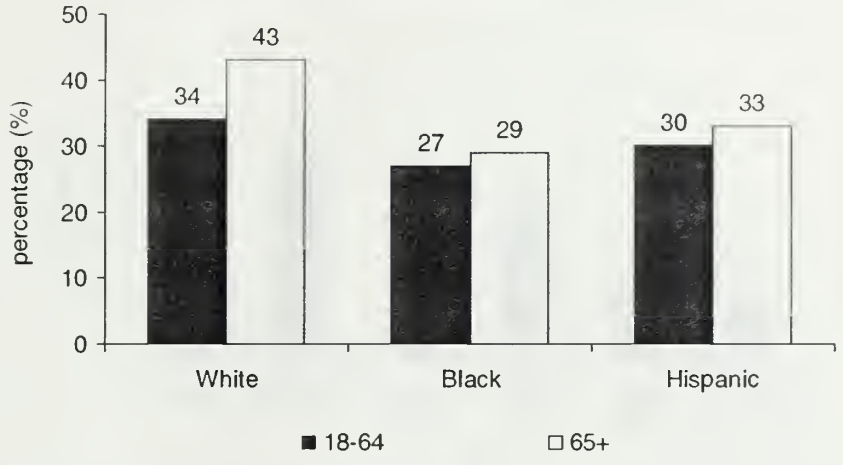

Source: Health Survey Program. Division of Research and Epidemiology. Bureau of Health Statistics. Research and Evaluation. MDPH

## Percentage of women, ages 18-44, who knew the correct reason for folic acid use and who reported taking folic acid, by race/ethnicity, 2000



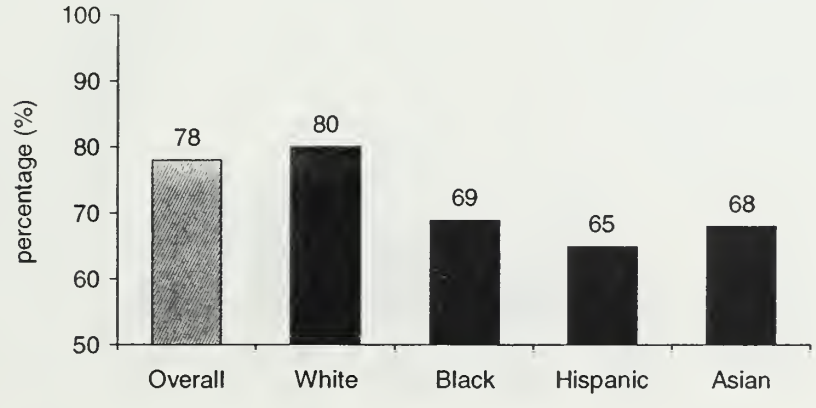

Source: Health Survey Program. Division of Research and Epidemiology. Bureau of Health Statistics. Research and Evaluation. MDPH

## Percentage of women who reported sufficient calcium intake, by age and race/ethnicity, 1998 & 2000



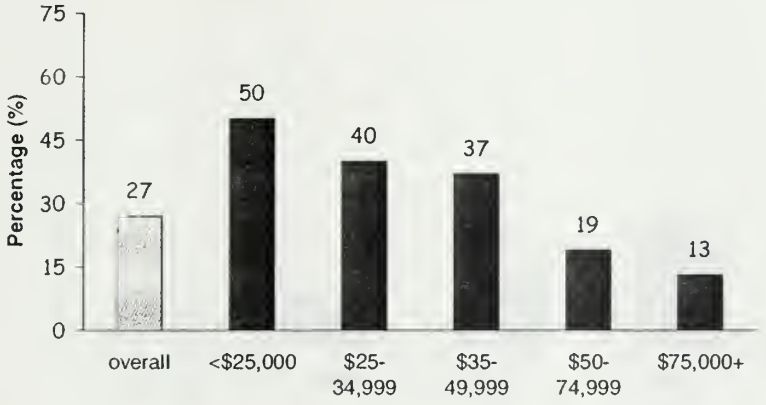

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Percentage of women, ages 18-44, who reported birth control use, by race/ethnicity, 2000



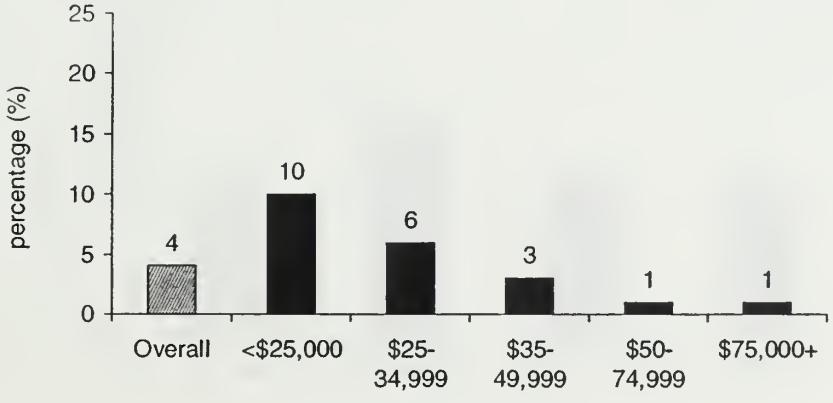

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Percent of women, age 18-44, who had an unplanned pregnancy in the past 5 years, by Household Income, BRFSS 2000



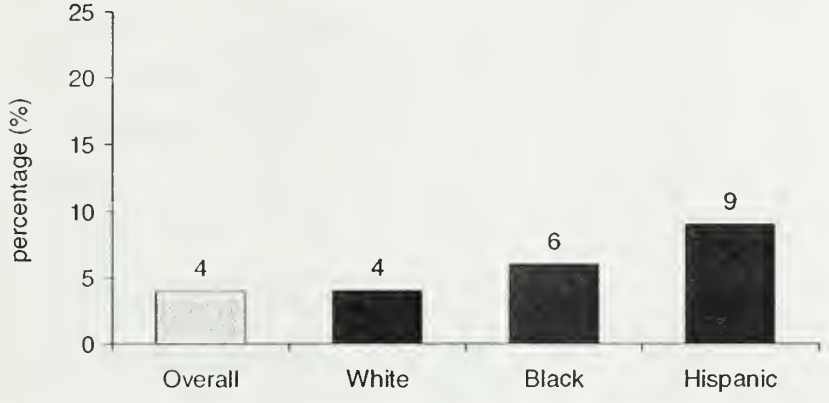

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Percentage of women ages 18-59 who experienced intimate partner abuse, by Income, 2001



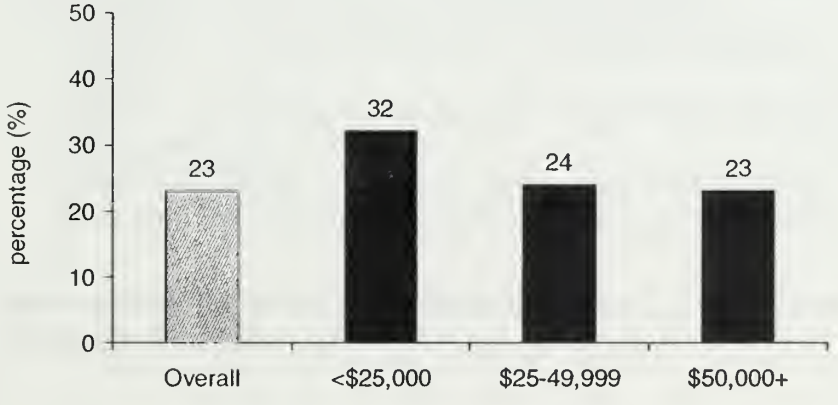

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Percentage of women ages 18-59 who experienced intimate partner abuse, by race/ethnicity, 2001




Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Percentage of women ages 18-59 who experienced sexual assault, by household income, 2000




Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

## Massachusetts compared to US women

| | MA% | US Median (%) | MA Rank | HP2010 (%) |
|---|---|---|---|---|
| Mammogram, past 2 years | 84 | 76 | 3rd | 70 |
| Clinical breast exam, past 2 yrs | 86 | 79 | 2nd | --* |
| Pap test, past 3 years | 91 | 87 | 3rd | 90 |
| Obesity | 16 | 21 | 2nd | 15 |
| Smoking | 19 | 21 | 9th | 12 |
| 5+ servings, fruits & vegetables | 35 | 27 | 3rd | --* |
| Regular physical activity | 50 | 43 | 10th | --* |

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

* no applicable objective

## Summary

**There are similarities and differences in health status between women and men in Massachusetts:**

- Women are more likely to report poor health status, asthma and arthritis than men
- Women are more likely than men to report consumption of 5+ fruits and vegetables daily
- Black and Hispanic women are more likely to be obese than men while white men are more likely to be obese than white women

**Massachusetts women are healthier than US women on many indicators**

Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH

# Summary

**Among women in Massachusetts, patterns in use of preventive services and health practices vary by race, income, education, and age:**

- The use of mammography has increased 24% from 1992 to 2000 in Massachusetts, and it is high for women of all race groups
- Asian women are less likely to have a Pap test or a clinical breast exam
- Black, Asian and Hispanic women are less likely to use birth control
- Older white women are more likely to report sufficient calcium intake
- Folic acid use is related to knowledge about its importance
- Women from low income families are more likely to experience intimate partner abuse and sexual assault

Source: Health Survey Program. Division of Research and Epidemiology.
Bureau of Health Statistics. Research and Evaluation, MDPH

# Summary

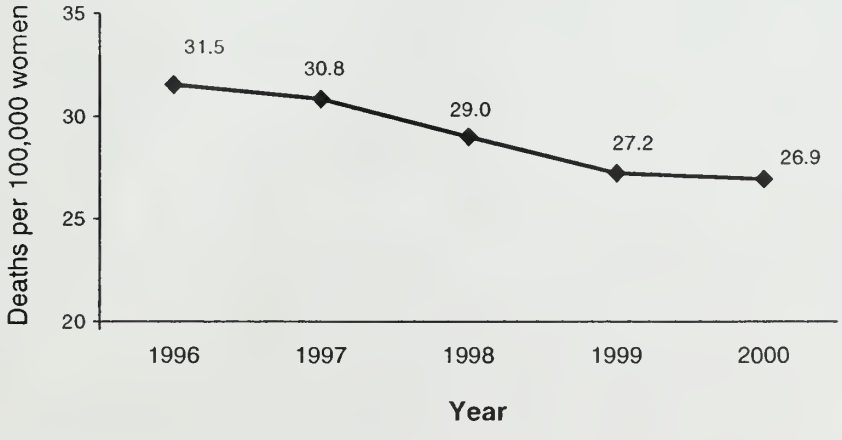
- The BRFSS is a robust, effective tool for tracking women's health issues in Massachusetts
- For more data and information on women's health issues, please visit the MDPH web site:

http://www.state.ma.us/dph

Source: Health Survey Program. Division of Research and Epidemiology.
Bureau of Health Statistics. Research and Evaluation. MDPH

# Additional Slide

## Trends in the age-adjusted breast cancer mortality, Massachusetts, 1996-2000




Source: Health Survey Program, Division of Research and Epidemiology, Bureau of Health Statistics, Research and Evaluation, MDPH